



Laser focus

Ingredients

Lavender

Pen

Paper bag

A cauldron

Choose the Timing

Waxing moon for
increasing focus



Let your thoughts rest on the issues at hand. What is it you need to focus on? What is distracting you from that?

Take the paperbag and spend some time focusing on all the distractions getting in the way for you.

Now write these out on the paper bag with the marker pen.

Place the lavender inside the bag, place the bag inside the cauldron. Light the bag and say this incantation

Laser focus I need to find
Remove disorder from my mind



*As the flame increases
Chaotic thought releases
Space and laser focus is sought
Giving time for concentrated thought*

*Allow the bag to burn down and continue to
release the distractions. .*